Homemade Tomato Ketchup

TIPS:

1. The homemade tomato ketchup you see here uses very little sugar. For comparison’s sake, I use only 1 tablespoon (3 teaspoons) of sugar to make 16 ounces (2 cups) of tomato ketchup. Store bought ketchups, as noted in the nutrition labels below, use about 11 tablespoons (33 teaspoons) of sugar to make that same 16 ounces of ketchup. (Note also that serving size on those ketchup nutrition labels is 1 tablespoon. 16 ounces = 32 tablespoons.)
2. Aside from sugar content, the biggest
difference between store-bought and
homemade tomato ketchup is knowing exactly
what goes into that ketchup when you make it
yourself - and then adjusting the flavor to suit
your own taste - or improvising with only
ingredients you have on hand. Regarding taste,
I’m a big fan of ground clove in ketchup. If the
flavor of cloves doesn’t appeal to you, fine. Just
switch out ground cloves with more cinnamon
or any other “sweet” spice you like. Regarding
ingredients on hand, I didn’t have onion
powder when I first made this, which many
homemade ketchup recipes call for, so instead,
I doubled up on garlic powder. Easy to do and
no sacrifice in flavor.
Preparation Time: about 5 minutes + 20 minutes cooking time

Ingredients

1 14.5 Ounce Can Crushed Tomatoes
1 6 Ounce Can Tomato Paste
1/3 Cup Apple Cider Vinegar
1 Tablespoon Sugar
1 Teaspoon Garlic Powder
1/4 Teaspoon Clove Powder
Dash Ground Cinnamon
1/4 Teaspoon Ground Black Pepper (or more to taste)
Equipment

Medium Sized Pot
Can Opener
Large Spoon
Tablespoon
Teaspoon
Measuring Cup
16 Ounce Container with Lid (to store finished tomato ketchup)

1. Measure **1/3 cup apple cider vinegar** and...
...open both the can of tomato paste and can of crushed tomatoes.

2. Add the following to a medium sized pot: \( \frac{1}{3} \) cup apple cider vinegar, 1 tablespoon sugar,...

...1 teaspoon garlic powder, \( \frac{1}{4} \) teaspoon clove powder,...
…dash ground cinnamon, can of tomato paste,…

dash ground cinnamon  
tomato paste

…can of crushed tomatoes and good crunch (about 1/4 teaspoon) ground black pepper.

crushed tomatoes  
ground black pepper

3. Turn on the stove to medium low heat and stir all the ingredients together.
Stir occasionally for 1-2 minutes once the ketchup starts to bubble to prevent splattering. Then...

...turn off the stove, and move the pot to a cold burner for the ketchup to cool.

4. When the ketchup has cooled to room temperature, pour it into a container and store in the refrigerator for at least 2 weeks.